



Fluoride Varnish **Program**

Free fluoride varnishes are being given to children by the Department of Health and Family Services in partnership with the Fond du Lac County Health Department.

Topical Fluoride Varnish has been shown to slow the effects of sugar and germ growth on teeth and is suggested to be given 2-4 times a year.

Services are quick, safe, and easy. All you need to do is complete and sign a permission slip and health history.

To have your child receive a fluoride varnish or for any additional information, please contact your child's Head Start Center or Fond du Lac County Health Department at 920-929-3085.



Breastfeeding

Corner: Breastfed Babies Make Better Eaters as Toddlers

Breastmilk is gourmet eating for your tiny tot! Different foods, oils and spices you eat adds flavor to your milk, introducing and exposing your baby to a variety of flavors before he or she ever tastes solid food. As baby ages, he or she will already be familiar with the flavors and be less fussy eaters as toddlers. Formula has one bland flavor.



FDL County **Shot Schedule**

December

13 (Mon.) 2:00 -5:00 City-County Bldg.

January

10 (Mon.) 2:00-5:00, City-County Bldg.

13 (Thurs.) Waupun Hospital

17 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church

24 (Mon.) 4:00-6:00, City-County Bldg.

26 (Wed.) 4:00-6:00, Ripon High School

February

14 (Mon.) 2:00-5:00, City-County Bldg.

28 (Mon.) 4:00-6:00, City-County Bldg.

March

10 (Thurs.) 4:00-6:00 Waupun Hospital

14 (Mon.) 2:00-5:00, City-County Bldg.

21 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church

28 (Mon.) 4:00-6:00 City-County Bldg.

30 (Wed.) 4:00-6:00, Ripon High School

